

DRUG AWARENESS STATIONS

Cubs rotate through stations rotating to the right with their parent partner. Use a horn to change.

1. Coloring Activity: Color lungs black and make a bat. (Seated)

Objective: Cubs will view pictures of lungs that are damaged by cigarette use. Cubs will color an outline of lungs black. (These lungs can be used to assemble a bat with a cigarette as the center)

Materials: lung outline, Bat body of a cigarette, Scissors, glue sticks, Black crayons

Delivery: 1. look at pictures of damaged lungs 2. Color cut glue to assemble bat.

2. Impairment Activities: 2 Activities (Movement)

Objective: Cubs will become physically aware of the impact drugs can have on visual and motor skills

Delivery: Read the following statement: What are some drugs that are bad for you? If cubs don't respond : Pills that are not given by a doctor or your parents, beer, wine, cigarettes These substances can be poison to little kids and can make you feel funny and dizzy. When this happens it means you are impaired, your body movements are hard to control.

Activity #1

Materials: paper, pencils

Cubs write their names, hold the pencil and spin 4 times slowly, and then try to write their name again. This should be done with guidance from a parent so the cubs do not stumble or bump into each other.

Activity#2

Materials; 5 pairs of mittens, nuts/bolts, 5 blindfolds

Cubs assemble nuts and bolts with hands only.

2. Cubs put on mittens and blindfolds tell them now their vision and use of hands is impaired and then try to assemble nuts/bolts, if they drop them, they need to pick them up.

Closure Discussion: The first time you put together with nothing changing your behavior or your motor skills which are the use of your hands. The second time your motor skills or use of your hands was impaired or changed by the use of mittens and blindfolds. These impairments like the mittens/blindfolds can be caused by drugs.

3. Healthy Choices Instead of drinking Alcohol. (Seated)

Objective: The cubs will learn alcohol is a bad unhealthy substance. Continued use of drinking will cause liver damage. Show a picture of damaged liver.

Materials: photo of damaged liver, Magazines with food, Scissors, Glue sticks, poster board

Activity: Cubs will locate healthy choices to keep their body healthy by cutting/pasting items from a magazine to make a group collage.

Delivery: 1. Look at liver, beer, other alcohol bottles pictures.

2. Locate, cut healthy choices from magazines or draw one on an index card.

3. Glue on a group collage labeled Healthy Choices

4. Bean bag Toss (Movement)

Objective: Cubs will make healthy choices by aiming for a good thing to do to keep our community safe and healthy.

Materials: Poster with following choices: healthy foods, donating to a food bank, cigarettes, unknown pills _____

Beanbags, tally sheet

Delivery: Cubs will throw bean bags onto a poster on the floor. This system would be based on points for making GOOD CHOICES.

5. What is your Dream? (Seated)

Objective: Cubs will draw their dream

Materials: paper, markers

Delivery: 1. Read poem: _____

2. Tell children to stay true to your dreams because making bad decisions like taking drugs or drinking lots of alcohol will change your dreams.

6 Musical Square: Keeping our self safe and Helping Our Community **(Movement)**

Objective: Cubs will make good choices by picking a square that contains healthy choices for themselves or their community.

Materials: squares with choices: leave no trace, donating food, volunteering at a local fair, soup kitchen, writing on public property, drinking, smoking

Music, boom box

Delivery: Each square has a good choice or a bad choice cubs rotate as music plays. When music stops cubs run to a healthy square or you are out. Take away squares like musical chairs.